$12.99
LUNCH BUFFET DAILY
BRING FOUR PEOPLE FOR FREE BUTTER CHICKEN!
12 Buffet Items Every Day!
$15.99
DINNER BUFFET
THURSDAY TO SUNDAY
For people who love East Indian Food!
Halal
Spicy Bite
306-373-4747
4, 3401– 8th Street East, Saskatoon, SK
myspicybite.com

EXCUSE ME, BEG YOUR PARTON?

DOLLY DISMISSES LESBIAN RUMOURS ABOUT HERSELF AND BFF JUDY OGLY PAGE 10

SASKATOON metro®

Thursday, November 29, 2012

News worth sharing.

metronews.ca | twitter.com/metrosaskatoon | facebook.com/metrosaskatoon

Saskatoon firefighters, from left, Jeffrey Tysdal, Keith Walliser and Clifford Hamilton. A judge found the three not guilty Wedneday of assaulting and obstructing two police officers. MORGAN MODJESKI/METRO

Sask. firefighters not guilty

Ruling. Judge says officer's recollection of events 'confusing' and 'contradictory'

Three Saskatoon firefighters have been found not guilty of assaulting and obstructing two police officers.

Provincial court Judge Barry Singer said Wednesday he believed the testimony of the firefighters, who say they were only horsing around when they were arrested and charged with assaulting and obstructing police.

Dozens of supporters applauded when the judge read out the verdict. A few had tears of relief in their eyes.

Jeff Tysdal, Cliff Hamilton, and Keith Walliser were off-duty when the incident happened last summer. They were walking across the Broadway Bridge after a celebration when they started play-fighting.

Police drove by at the same time, and thinking an assault was in progress, pulled over and tried to break it up.

There was a confrontation, and constables Dylan Lisson and Christine Talloden said they were pushed and grabbed. The firefighters said they told the officers right away they were just fooling around.

Singer said he believed the firefighters' testimony, ruling police did not have reasonable grounds to physically intervene or make any arrests.

He added one of the officers "gave confusing and contradictory evidence that was not supported, either by her partner or any of the others who were there."

The judge also said he believes the officer "did not get pushed or struck or assaulted, nor did she do any of the things that she testified she did."

Saskatoon Police Chief Clive Weighill defended the officers' actions. "They thought they saw a fight and they intervened. That's what we're trained to do," said Weighill.

THE CANADIAN PRESS/ CTV SASKATOON/CKOM

Unlimited with all the trimmings
The unlimited Canada wide Smart combo
Unlimited Talk Canada-wide
Unlimited Text, Picture and Video Messaging
1 GB of data
Voice Voicemail Plus, Call Display & Name Display
$57
LIMITED TIME OFFER
Includes the Fido ADVANTAGE
Smartphones from $0
moga
fido

NEWS 1

City gives strategy for growth in 2013 budget

Murray Totland, city manager addresses media on Wednesday after presenting the 2013 preliminary budget. Council will be debating the budget Dec. 4 and 5. JANE CAULFIELD/METRO

City hall. Council will begin to debate the budget Dec. 4 with decision expected on Dec. 10

JANE CAULFIELD
jane.caulfield@metronews.ca

Under the wings of the motto, "Build it once, build it right, build it to last," city administration presented its 2013 preliminary budget and business plan on Wednesday.

Integrated into the budget is the direction outlined by council in February when they approved the city's strategic plan — a direction that focuses on stable growth.

"As Saskatoon continues to grow we need to focus on what makes great cities great … if we continue to invest in what matters to our citizens and thereby continuing to create wealth and prosperity in our community, we will … benefit all of our citizens," said Murray Totland, city manager.

The 2013 budget includes a new Saskatoon-based municipal price index (MPI), which can be described as a Saskatoon-specific inflation rate.

Another item mentioned is the north commuter bridge, which is estimated to cost $86 million.

"We've got the beginnings of a funding strategy for it," said Totland. "A two-year construction period is feasible but aggressive."

Council will begin to debate the budget Dec. 4 and is expected to make their final decision Dec. 10.

Quoted

"As Saskatoon continues to grow we need to focus on what makes great cities great.... If we continue to invest in what matters to our citizens and thereby continuing to create wealth and prosperity in our community, we will ... benefit all of our citizens."
City manager Murray Totland

Budget bites

- The property tax increase is 5.17 per cent, which equals about $82 annually on a house valued at $200,000.
- One per cent of property taxes, or about $1.46 million, is dedicated towards road maintenance.
- Road maintenance will have an increased budget of 28 per cent over last year, or $4.2 million.

Women want Sask. to pay for mesh removal

Excruciating pain. Vaginal mesh used to help with other conditions is leading to painful complications

One woman has not been able to sit down for seven months, another says she feels like she has steel wool inside her and a third fears she might not be able to have more children.

Ruth Olson, Marika English and Stephanie Brad all say they're in agony because of complications from a surgical mesh and they're begging the province of Saskatchewan to pay for its complete removal.

"We are angry, we are sick and we are in pain," English said Wednesday at the Saskatchewan legislature.

The women all had surgical meshes inserted to help with sagging pelvic organs and urinary incontinence.

But the women say their meshes have failed and are poking into other organs.

Ruth Olson says she has been unable to sit down for seven months because of the pain, while Marika English says it feels like having steel wool inside her.

Marika English is going to California next week because she says the only doctor trained to remove her surgical mesh lives there. It will set her back $30,000 unless the government agrees to help pay. ALYSSA MCDONALD/METRO

The women say the process of removing the mesh is like picking away at bubble gum in hair.

They say only a doctor in California is trained to completely remove the mesh and they want the province to cover the $30,000 cost.

THE CANADIAN PRESS

'Available in Canada'

Saskatchewan Health Minister Dustin Duncan said the ministry has canvassed doctors across the country about mesh removal and a B.C. doctor said it can be done.

- "What has come back to us is that what is being requested in the United States is available in Canada," said Duncan.

Busloads of food

The annual Stuff The Bus campaign takes place today. We here at Metro got our math-caps on and figured out just how much food one could stuff into a city bus. JANE CAUFIELD/METRO

Impaired driving. RCMP in Saskatchewan track more deaths in 2012 than any year in recent history

There have been 146 fatalities in Saskatchewan so far this year, and that's the most the RCMP have tracked in recent history.

Impaired driving has been the greatest contributor in those fatalities.

During the September and Thanksgiving long weekends, RCMP took aggressive action with enhanced enforcement on provincial highways.

Both blitzes were very successful and resulted in dramatic reductions in highway deaths during those periods. The same is planned for Christmas.

THE CANADIAN PRESS/ GLOBAL SASKATOON

RCMP will be out in full force over the holiday season. COURTESY OF RCMP

RBC Royal Bank

Want a great **short-term** mortgage rate?

NEED A RIDE?

Read metrodrive every Wednesday.

Tory pollster puts Harper on the spot

Liberals want PM to apologize.
Firm censured for conducting a misinformation campaign against MP

Liberals are demanding an apology from Prime Minister Stephen Harper over the conduct of a Tory pollster.

Campaign Research was censured for conducting a misinformation campaign against MP Irwin Cotler.

An investigation by the market research industry's watchdog concluded Wednesday that the actions of Campaign Research Inc. brought the industry into disrepute.

"The actions of Campaign Research have likely caused the Canadian public to lose confidence in marketing research and have tarnished the image of the marketing research profession," says a ruling by a three-member panel of the Market Research and Intelligence Association.

The panel was struck after the association received seven complaints of professional misconduct against Campaign Research.

The complaints related to a voter identification poll the company conducted last autumn on behalf of the federal Conservative party in Cotler's Montreal riding.

The company's callers suggested to constituents — falsely — that Cotler either had or was about to quit as the Liberal MP for Mount Royal.

Cotler said the Conservatives must now take responsibility for the conduct of their pollster.

"I think they should be severing their ties with the firm that undertook these acts on their behalf," he said.

Interim Liberal leader Bob Rae said: "This didn't happen by accident. It happened because the Conservative party asked this organization to conduct such a poll."

"Campaign Research accepts the conclusions and decision of the MRIA," the company's general counsel, Aaron Wudrick, said in an email.

"We remain proud gold seal members of the association and endeavour to continue our affiliation with the MRIA by striving to uphold the highest ethical and professional standards."

THE CANADIAN PRESS

A rebuke

The Market Research and Intelligence Association is a voluntary body with limited powers.

- **The options.** It can suspend or expel members who violate its code of conduct.
- **The result.** It settled on censuring Campaign Research, which amounts to a public rebuke.

Quoted

"The effort to dislodge Mr. Cotler was, to use a technical term, disgusting. It was beyond any standard we've ever known."

Bob Rae, interim Liberal leader

Hi, partner!

They're partners in trade. Two North American leaders meet in Ottawa to cement ties and talk economics. Prime Minister Stephen Harper and Mexico's president-elect Enrique Pena Nieto hold a news conference on Parliament Hill Wednesday. Pena Nieto was making a whirlwind visit just three days before being sworn in. He had travelled to Washington, D.C., to meet with U.S. President Barack Obama. Pena Nieto wants to encourage Canadian investment in his country's state-run oil company. SEAN KILPATRICK/THE CANADIAN PRESS

Gentle persuasion. Can a tweet keep you healthy?

Could a Facebook posting from just the right person save you from a nasty cold?

Can tweeting officials or principals prevent the flu from spreading through schools or the community?

Researchers at Kansas State University are examining the role of social media and our health.

The team's research shows epidemics can be controlled if populations take immediate preventive behaviour.

Now, through interviews and information collected from college students (who say they get much of their information from Facebook), they're hearing the same individuals would be willing to get flu shots, wash their hands or sneeze into their elbow if alerted through social media.

Maybe "a best friend has more influence than a public health official," said Dr. Caterina Scoglio, an associate professor at the university.

TORSTAR NEWS SERVICE

Garneau. Spaceman aims to send the PM into orbit

Former astronaut Marc Garneau joined the federal Liberal leadership race Wednesday, touting himself as the party's best chance to defeat Stephen Harper.

Garneau cast himself as the candidate with the most leadership experience and someone who would make diversifying the Canadian economy a top priority.

The former president of the Canadian Space Agency joins a crowded field that includes fellow Montreal MP Justin Trudeau, the eldest son of former prime minister Pierre Trudeau.

Garneau is expected to give Trudeau, the presumptive front-runner, one of his biggest tests in the race for the top Liberal job.

Trudeau welcomed Garneau's entry into the race. "He's a man of ideas and strength and he is going to be an important player … in the rebuilding of the Liberal party," he said.

THE CANADIAN PRESS

Long & McQuade MUSICAL INSTRUMENTS
long-mcquade.com
Shop Online! long-mcquade.com
Best Price. Best Selection.
(Holiday shopping made easy.)
Experience Canada's #1 music store with 60 locations nationwide
721-43rd St E 306.664.1966 | 617 8th St E 306.665.9900

Saskatoon Wildlife Federation presents
Small Business Christmas Party
December 1st • December 7th • December 14th
Dance, Dinner & Live Music by:
Branded Honey
Appetizers 7pm
Dinner 8pm
Dance 9:30pm
Lots of Door Prizes!
Chances to Win Free Drinks!
Cost: $35.00 per person
Drinks $4.00 per drink
Large Wine Selection Available
Taking Reservations Now
claudia.m.swild@sasktel.net or call 306.242.1666
Saskatoon Wildlife Club is located 3 miles north of Central Avenue and Attridge.

Toronto man sentenced to death in Egypt over film

Trial in absentia. Canadian convicted of insulting Islam over alleged involvement with anti-Muslim film

A Canadian who was sentenced to death in absentia Wednesday in Cairo over an anti-Islam movie that caused deadly riots in parts of the Muslim world said he's terrified of being kidnapped and spirited to Egypt.

In an interview with The Canadian Press, Nader Fawzy denied any involvement in the Innocence of Muslims, saying the Egyptian government has long been out to get him because of his Coptic Christian activism.

"Of course I'm worried about this death penalty," said Fawzy, a jewelry-store manager and president of an international Coptic-rights organization. He came to Canada in 2002 from Sweden. He lost his Egyptian citizenship when he became a Swedish citizen in 1992, he said.

"Who will give me guarantees that the Egyptian government will not try to kidnap me to take me to Egypt?"

Fawzy, 53, of Toronto was one of seven Egyptian Coptic Christians convicted and sentenced to death Wednesday along with a Florida pastor for the low-budget movie.

Fawzy said he planned to file a lawsuit against the Egyptian government in Canada for what he said was a wrongful prosecution.

"Let them give me one (piece of evidence) that I had anything to do with that."

Egyptian authorities have had it in for him since 2007, when he published a book on anti-Coptic sentiment in Egypt called The Persecuted. He also filed a lawsuit against the Cairo government for riots in 2000 that left 23 Copts dead.

The court found all the accused guilty of harming national unity, insulting and publicly attacking Islam and spreading false information, the official Egyptian news agency said.

All of those sentenced live outside Egypt. Also convicted were Mark Basseley Youssef, the man behind the movie, and Florida pastor Terry Jones, who became well-known two years ago when he publicly burned copies of the Muslim holy book. THE CANADIAN PRESS

Full denial

"Now, as a Canadian, I'm convicted for a crime I didn't do."

Nader Fawzy, denying any involvement with the Innocence of Muslims.

Resisting a return to absolute rule in Egypt

Egyptian protesters clash with security forces near Tahrir Square, in Cairo, on Wednesday. In an escalation of the tug-of-war between Egypt's president and the powerful judiciary, judges in the country's top courts went on strike Wednesday to protest Mohammed Morsi's seizure of near absolute powers, while Islamists rushed to complete a new constitution, the issue at the heart of the dispute. KHALIL HAMRA/THE ASSOCIATED PRESS

Harper reiterates opposition to UN vote for Palestinian state

Canada affirmed its steadfast opposition to Thursday's vote at the United Nations to confer statehood on Palestine, saying it would not support any "shortcuts" to peace with Israel.

Prime Minister Stephen Harper confirmed the decision on Wednesday with Foreign Affairs Minister John Baird bound for New York to cast Ottawa's vote and register Canada's disappointment with the latest move for recognition.

The Harper government's support of its close friend Israel was unbowed by reports that its trusted international ally, Britain, had offered to abstain from the vote in return for a pledge from the Palestinian Authority to return to the negotiating table with the Israelis.

Asked Wednesday during a press conference, Harper brushed aside all talk of the British move and reiterated his firm support for the Israeli line on the resumption of peace talks without preconditions.

Harper said Canada favours a two-state solution in the Middle East that requires the Palestinian Authority to pick up talks with Israel.

Baird said he believed the Palestinian motion would be successful "by a wide margin." But he said he would vote against it on Canada's behalf "and stand up for what we believe is right." THE CANADIAN PRESS

Protesters mock Stephen Harper in the city of Ramallah, Wednesday. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Want a great **long-term** mortgage rate?

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro.
News worth sharing.

INSTANT CASH FOR QUALITY USED GOODS
Home Electronics • Home Video
Automotive • Car Audio • Tools • Video Games
Cameras • Musical Instruments
Sporting Goods • House Wares
1521 Idylwyld • 306.934.2274 • cashopolis.ca
The Big Blue Building on Idylwyld!

Livestock products

Ridley buys Stockade Brands

Ridley Inc. has acquired Kansas-based Stockade Brands Inc., a private manufacturer of nutritional supplements for livestock. Financial terms of the deal weren't disclosed in the announcement Wednesday.

Ridley makes supplements and feed products for animals at facilities in Minnesota, South Dakota, Texas, Alabama, Kentucky and California. It will add Stockade's production plant in Pittsburg, Kan.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.82¢ (+0.29¢)

TSX 12,140.33 (+28.70)

OIL $86.49 US (-69¢)

GOLD $1,716.50 US (-$25.80)

Natural gas: $3.81 (-8¢)
Dow Jones: 12,985.11 (+106.98)

Gulf oil spill. BP cut out of new U.S. federal contracts

The Obama administration put a temporary stop to new federal contracts with British oil company BP on Wednesday, citing the company's "lack of business integrity" and criminal proceedings stemming from the Deepwater Horizon disaster in 2010.

The action by the Environmental Protection Administration won't affect current contracts, but prevents BP and its affiliates from new government contracts "until the company can provide sufficient evidence to EPA demonstrating that it meets federal business standards," the agency said.

"EPA is taking this action due to BP's lack of business integrity as demonstrated by the company's conduct with regard to the Deepwater Horizon blowout, explosion, oil spill, and response," the agency said in a statement.

In London, BP said it had no immediate comment, but expected to make a statement later Wednesday.

EPA suspensions are standard practice when a criminal case raises responsibility questions about a company. The suspension came the same day two BP rig supervisors and a former executive were scheduled to be arraigned on criminal charges stemming from the deadly explosion and the company's response to the resulting oil spill in the Gulf of Mexico.

THE ASSOCIATED PRESS

Pools of dispersed oil collect on a section of the public beach in Grand Isle, La., a few months after the 2010 BP oil spill. Citing "a lack of business integrity" at BP, the Obama administration put a temporary stop to new federal contracts with the British oil company on Wednesday. GETTY IMAGES FILE

Anti-corruption squad nabs former SNC-Lavalin CEO

Fraud charges. Arrest relates to Montreal superhospital contract

The former head of Canada's biggest engineering firm, who once mused that Quebec was taking sufficient measures to fight corruption in the construction industry, was arrested Wednesday by the squad at the centre of those efforts.

Pierre Duhaime, the former chief executive of SNC-Lavalin, was taken from his home by police in connection with alleged fraud involving one of Montreal's huge new superhospitals.

The arrest warrant alleges that Duhaime and Riasdh Ben Aissa, another former top executive, also committed conspiracy to commit fraud and uttered false documents in connection with a contract pertaining to the multibillion-dollar McGill University Health Centre. The infractions are alleged to have taken place between April 30, 2009, and Aug. 31, 2011.

Former SNC-Lavalin CEO Pierre Duhaime THE CANADIAN PRESS FILE

Duhaime was expected to be released on a promise to appear in court at a later date after being questioned by provincial anti-corruption squad investigators. Squad chief Robert Lafreniere said "international proceedings" have been initiated against Ben Aissa, who is currently detained in Switzerland. THE CANADIAN PRESS

Quebec construction inquiry

- A senator appointed by Prime Minister Stephen Harper says he could not possibly have known that some of his business contacts would someday be accused of having criminal Mafia links. Sen. Leo Housakos reacted Wednesday to details emerging from Quebec's construction inquiry, expressing frustration over what he called a smear-by-association campaign and a "witch hunt."
- Housakos was named at the inquiry for attending meetings that are being scrutinized at the high-profile probe. The inquiry heard he met with two men who now face numerous criminal charges in an unrelated affair.

British press puts Carneys through wringer

Bank of Canada Governor Mark Carney's wife is an eco-warrior with left-wing views? Who knew?

Welcome to the British press! London's leading newspapers have been having a field day putting Carney under the microscope, examining everything from his monetary policies to his personal life, since the stunning news a Canadian would be taking over as head of the Bank of England.

Among the stories published in The Telegraph Tuesday was "Ten facts about Diana Carney, wife of the new Bank of England Governor Mark Carney." It revealed, among other things, that she runs a website, called ecoproducts thatwork.com, on which she provides tips on gardening pots made from fired cow dung and where to buy $10 vegan shoes.

On a more serious note, the story also noted the British-born mother of four girls was educated at Oxford and works as vice president, research at Canada 2020, an independent, progressive think-tank based in Ottawa. TORSTAR NEWS SERVICE

THIS YEAR , shop for GREAT SELECTION OF unique Christmas Gifts at Oaksmith Interiors
expect the unexpected
HUGE SAVINGS!
hURRY!
hURRY!
New Rustix,
Reclaimed,
Hand Hewn
Plank Dinettes
Order Now, By This Sat. 6 Pm To Guarantee Delivery Before Christmas!
hURRY! while selection is plenty! such as :
• Jewelry Boxes and Armoires
• Unique STEEL WALL ART
• End tables & magazine racks
• Canvasses & pictures
• Desks, smaller writing desks
• Bookcases
• Rockers and Gliders
• Benches & counter/bar stools
• Dinettes & hutches
• Bedroom furniture, etc.
OAKSMITH INTERIORS
www.saskatoonfurniture.ca
819 - 2nd AVENUE
SASKATOON, SK S7K 2E2
2 BLOCKS NORTH OF SGI
Ph: (306) 934-1733
Email oaksmith.sask@sasktel.net

Brit Foods
"The Best From Britain"
British Groceries & Imports
• Cadbury selection boxes now in stock
• Thornton's Chocolates and Toffees now in
• Christmas stock arriving WEEKLY until Christmas
• Mr. Kipling Mince Pies, Bakewells & Battenberg
• M&S Christmas Cakes and Puddings
• Cadbury Cakes and Roses
BRIT FOODS
7 - 1501 8th Street East, Saskatoon
306.384.2748 • Toll Free: 1.888.384.2748
Open Monday - Saturday 10 - 5 • Open Sundays 'til Christmas from 11 - 3!

RBC Royal Bank

Great mortgage rates. **Plus more.**

2.99%
3-Year Fixed Rate[1]

and great rates in between

3.59%
7-Year Fixed Rate[1]

Short-term flexibility, long-term stability and everything in between.

- Up to 120 day rate guarantee[1]
- We'll cover your switching costs[2]
- Flexible pre-payment options
- Home Equity Credit Line at Prime + 1/2% (Prime + 1% at other banks)[3]
- Canada's largest mortgage specialist team – advice that comes to you

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

[1] These rates are special discounted rates below our posted rate and are only available on mortgage applications that fund within 120 days of the start date of the application. Terms and conditions apply. Not available on construction draw mortgages. These rate offers may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a $200,000 mortgage and a mortgage processing fee of $250. Fee may vary depending upon type of property and location. For 2.99%, 3 year fixed rate offer, APR is 3.04%. For 3.59%, 7 year fixed rate offer, APR is 3.61%. [2] We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. [3] The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

STRIKE THE SHOPPERS AND JOIN THE CHORUS

HE SAYS...
John Mazerolle
metronews.ca

Oh, joy! It's once again that magical time of year when we get into the "spirit" of Christmas — so called because Christmas, as it was once understood, is dead by the end of November, either killed by the Gods of Consumerism or trampled to death at a shopping mall by people clambering for this year's must-have present: Restraining Order Elmo. Fa la la la la la la la la.

It all began last week, with people in their stretchiest shopping pants crawling all over each other during Grey Thursday, Black Friday, Small Business Saturday, Paisley Sunday, Cyber Monday, The Tantalizing Tremendous and Transcendent Tues-tacular, and Wednesday.

Wednesday!

The Black Friday weekend has become the unofficial "starting gun" of the Christmas shopping season, though that bang you heard was probably just a Walmart greeter firing a warning shot into the air. Giving like Santa and saving like Scrooge might be the goal, but a lot of people just trample like nine angry reindeer.

When I was doing research for this column, I tried to type Christmas-shopping statistics into Google, but it auto-filled to Christmas-shopping safety tips.

Deck your fellow patrons

The more violent aspects seem solely American so far, but we might not be far behind. There were zombies lined up outside Canadian malls at 6 a.m. on Black Friday, because we saw the old ladies hurting each other on the TV and naturally thought, We want some of that.

This made perfect sense.

Watching the Black Friday swarm move through a mall like locusts — leaving behind employees wearing nothing but their smiley-face pins — is fascinating but frightening.

It occurs to me how fitting it is that the 1978 horror allegory Dawn of the Dead was a film about a shopping mall full of flesh-eating zombies that shuffled slowly in a slack-jawed, aimless stupor but that the more recent remake had fast zombies bounding through the mall in a quick, deadly crush. While the first film was clearly meant to mock the day's spirit of consumerism, I think the echo of fast, awful crowds in the second film was just good luck. Living death imitates art.

And all the more fitting since Christmas advertising now starts on Halloween.

The festivities used to kick into gear after Remembrance Day, but I suspect in the future we'll just tell kids the story of how The Veterans Saved Christmas while we enjoy our seasonal Peppermint poppy mochas.

The worst part of all for me is that, despite my non-believer status, I really like Christmas. I like the lights and the outdoor markets and most of the music, and so it kills me a little to see people getting all mobby over stuff they'll forget about by Jan. 3.

The more violent aspects seem solely American so far, but we might not be far behind. There were zombies lined up outside Canadian malls at 6 a.m. on Black Friday, because we saw the old ladies hurting each other on the TV and naturally thought, We want some of that.

In the spirit of Christmas giving, might I suggest that we return the favour by giving Americans our Boxing Day sales? Given their track record, they'll enjoy another shopping day while making the name more apt than ever.

Customers wait in line to enter Best Buy on Black Friday in Fort Worth, Texas. According to recent data, Black Friday is expected to attract zombies to Canadian malls by 2014. TOM PENNINGTON/GETTY IMAGES

Still trying to impress Olive Oyl

STEPHAN SAVOIA/THE ASSOCIATED PRESS

Ripped

Hey, Popeye, where's your pipe?

Don't tell Popeye. It turns out you don't need to eat your spinach to get the world's biggest arms. Bodybuilder Moustafa Ismail insists they are all-natural, the result of a punishing workout regimen he started after a guest at his uncle's wedding in his native Egypt mocked his overweight frame.

"They call me Popeye, the Egyptian Popeye," Ismail, 24, said while working out in the Boston suburb of Milford. But unlike the cartoon character, "I like chicken, beef — anything but spinach."

It's not easy having the world's biggest arms.

Skeptics say there must also be steroids or some other artificial means behind Ismail's beyond-bulging biceps and triceps, and Guinness World Records is now waffling on whether to recognize him.

Controversy ensued when Guinness decided to recognize him as having the largest upper-arm muscles. In response to critics, they are now conducting research with medical specialists and reviewing Ismail's category.

THE ASSOCIATED PRESS

Big guns

- Ismail started building his muscles in his Egyptian hometown of Alexandria before moving to the United States in 2007 and settling in Franklin, southwest of Boston.
- To pay for his gym membership and daily dietary requirements, he worked two jobs as a gas-station attendant, but gave up one after his wife began to complain that he was pushing himself too hard.

No sweat

31 inches

Ismail eats three kilograms of protein and four kilograms of carbohydrates, and drinks 11 litres of water each day to help maintain upper arms that measure 31 inches around — as big as a small man's waist. Generous amounts of poultry, seafood and shakes provide the protein he needs to fuel daily two-hour workouts in which he lifts as much as 600 pounds.

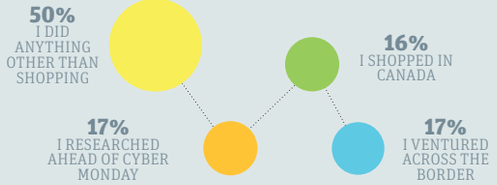
Online

Watch the video at metronews.ca

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What did you do on Black Friday?



Twitter

@digitalj3ff: #sgi should charge a small premium to all licensed vehicles in #saskatoon with the money going to road upkeep. other cities do, why not #yxe

@Heather_mo: My radio voice is extra low today. Thanks post-bigshiny celebrations.

@smilingsandra: All is right in the world. The furniture is put back where it belongs!

@MacPhersonA: Breakfast restaurants don't interest me unless they serve breakfast between 2:00 and 3:30am.

@Sasksfinest: Good bye #rosetown hello #saskatoon. Done my practicum!

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Barry Paton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

The Kids of Note and the Notations will play their annual Christmas concert at Grosvenor Park United Church Sunday at 2 p.m. SUPPLIED

Hitting all the right notes

Music that moves.
Brenda Baker's singing group for children has transformed lives

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

For children with disabilities, the words often don't come easy, if at all.

Brenda Baker remembers one young man with Down syndrome who she describes as being "virtually non-verbal" — that is until he had the chance to put his words to music.

One year ago, he took to the stage in front of a crowd of 3,000, including relatives who had rarely heard him make a sound.

"He sang the song Go Tell it on the Mountain into a microphone and did the actions all by himself," Baker said. "And he was so proud and there were family members weeping."

As musical director of Kids of Note, an inclusive group for children, Baker has seen countless stories like that; young people whose lives have been transformed by the power of music.

"It gives them a challenge and a way for them to build their self-confidence. They become little professionals as performers, when they get in front of an audience they turn it on."

While she makes it clear the group isn't solely responsible for changes that can occur within its young singers, if it helps them to lead better lives, she has accomplished what she set out to achieve.

Quoted

"It gives them a challenge and a way for them to build their self-confidence. They become little professionals ... when they get in front of an audience they turn it on."
Kids of Note musical director, Brenda Baker

In 2003 she gave birth to a daughter, Tori, who was born with Down syndrome.

Through that experience she met other parents in similar situations, including the mother of a girl named Ali who loved to sing but had trouble finding a choir that could meet her needs.

So Baker, a well-known author, singer and television host, decided to start one. A job she now believes she was "called" to do. "It was one of those things where if you took it on, you knew it would be a big thing in your life, so you really wanted to be sure you want to do it."

Kids of Note will take to the stage this Sunday at Grosvenor Park United Church for their annual Christmas concert, alongside The Notations, a choir for graduates of the program, which is directed by Baker's sister. They will also be joined by the jazz group Solstice.

"People who have come (to past shows) are thoroughly entertained. It's such a feel good story and not in that 'oh isn't it nice that those children can get up and sing' kind of way," Baker said. "Sure there are a few odd notes here and there, but it doesn't matter. "It's about communication."

Holiday favourites

The Kids of Note concert promises an eclectic mix of holiday-themed music, but it probably won't be as diverse as the list of most-downloaded holiday singles according to SoundScan:

No. 1: All I Want for Christmas is You – Mariah Carey

No. 2: The Chipmunk Song (Christmas Don't Be Late) – Alvin & The Chipmunks

No. 6: The Chanukah Song – Adam Sandler

No. 10: White Christmas – Bing Crosby

No. 29: I Want a Hippopotamus for Christmas – Gayla Peevey

FOURTEEN-TIME GRAMMY® WINNER, SINGER, SONGWRITER & PRODUCER
ALICIA KEYS
RETURNS WITH HER HIGHLY ANTICIPATED FIFTH STUDIO ALBUM
GIRL ON FIRE
INCLUDES THE SINGLES GIRL ON FIRE, NEW DAY & NOT EVEN THE KING
ALBUM AVAILABLE NOW
www.aliciakeys.com
VISIT clubmetro.com TO ENTER
YOU COULD WIN A WEEKEND IN NYC WITH $500 SPENDING MONEY
No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com
Available on iTunes

Now Open!
Nov. 25 - Dec. 1, 2012
Western Development Museum
9:00 am - 9:00 pm
2012 Festival of Trees
The Sound of Christmas
2012 Festival of Trees
The Sound of Christmas
• 75 decorated Christmas trees & displays
• Entertainment stage featuring daily performances
• Sugarplum Lane gingerbread displays
• Recyclable trees & wreaths
• Once Upon a Storytime, featuring professional storytellers
• Special events each night
• Festival Raffle, "The Man Cave" prize: 6 ft tree & entertainment furnishings
• Gingerbread cookies for $1
General Admission
Tickets can be purchased on site
Adults $9.00
Seniors $8.00
Students $6.25
(with valid student card)
Children $2.50 (Ages 6 to 12 years)
Preschool Children FREE
(Ages 5 years and younger)
Family Rate $20.00
(Parents or guardians & dependant children under 18 years)
100% of net proceeds supports Saskatchewan MS Clinical Research through Saskatoon City Hospital Foundation
This advertisement is courtesy of Metro Saskatoon
ph: 306.384.9277
www.festival-of-trees.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

That was quick! Jessica Simpson is pregnant again

THE WORD
Dorothy Robinson
scene@metronews.ca

Whoa. Here's some news I didn't see coming: Jessica Simpson is pregnant, again.

Seven months after giving birth to daughter Maxwell, Jessica Simpson is reportedly already expecting another child, according to Us Weekly. "It definitely wasn't planned," a source says. "But yes, Jessica is pregnant again." This would be the second baby for Simpson and fiancé Eric Johnson. A rep for Simpson has yet to comment.

Oh man, you guys. This brings up so many questions, mainly: What was she thinking? But also: Is she taking cues from notorious quick-turnaround-breeder Tori Spelling? (Ed note: Never, ever take life tips from Tori Spelling.) What will happen to her multimillion dollar campaign with Weight Watchers? Because you know girlfriend isn't going to slim down anytime soon. And does this mean we're all going to be subjected to photos of her being gigantic yet again? As someone who has a seven-month-old at home, I'm down with pregnant ladies and have nothing but respect for them, but my Us Weekly just finally stopped running photos of her waddling around L.A. Hey, paparazzi — I think we (and probably Jessica Simpson) could use a little break. Let's let her gestate in peace this go round, OK?

Gabriel Aubry ALL PHOTOS GETTY IMAGES

Aubry fails to have restraining order lifted

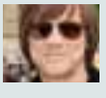
Gabriel Aubry's efforts to have the restraining order against him lifted following a Thanksgiving brawl with ex-girlfriend Halle Berry's fiancé, Olivier Martinez, have failed, with a judge denying his request to dismiss the ban, according to TMZ.

The order, which requires Aubry to stay at least 100 yards away from Martinez, Berry and the four-year-old daughter Aubry shares with Berry, Nahla, is set to expire today due to a clerical error, though Berry is expected to file a request to extend the ban.

Twitter

@jtimberlake
Memphis ... I love you. Always good to come home. Thanksgiving has got to be the best holiday. Also, I'm a pig.

@JonahHill
Now I'm watching Black Swan and this movie is crazy and amazing



@JimCarrey
Archeologists are now saying that the visit of the 3 Magi to baby Jesus did happen but that the myrrh may have been a regift!

Dolly Parton

Parton rubbishes lesbian rumours

Despite being married to Carl Dean for 46 years, Dolly Parton has been dogged by rumours romantically linking her to best friend Judy Ogly for years. "Judy and I have been best friends since we were like in the third and fourth grade," Parton says in an interview with ABC's Nightline. "We still just have a great friendship and relationship and I love her as much as I love anybody in the whole world, but we're not romantically involved." On the plus side, the persistent rumours did give Parton something she could bond over with Oprah Winfrey: "Like Gayle (King), her friend, Judy, my friend, they just think that you just can't be that close to somebody," Parton says.

All hail the hybrid jacket

It's part bomber, part military and part varsity. It's kind of dressy, kind of sporty and totally fashionable. Think of these jackets as a fun way to break up your usual rotation of fall blazers.

KENYA HUNT
life@metronews.ca

Meet the one-stop-shop of tops. MICHELLE BOBB-PARRIS

Natalie Massenet GETTY

DKNY
satin bomber jacket, $595, netaporter.com

Suno
$696, sunony.com

Topshop
Aztec print bomber, $130, topshop.com

Zara
jacket, $349, zara.com

Asos
embellished bomber, $114, asos.com

Ready for a change? Want to be your own boss?
START YOUR OWN BUSINESS!
Praxis School of Entrepreneurship
in conjunction with
Canada-Saskatchewan Labour Market Services is offering comprehensive entrepreneurship training.
startSMART Program
beginning January 14, 2013.
If you are currently unemployed & receiving EI benefits or unemployed & have received EI benefits in the last 3 years (5 years if maternity/parental leave), you may be eligible for assistance through the provincial SELF EMPLOYMENT PROGRAM.
Attend an Information Session
Tuesday, November 27—2:00-3:00 pm OR
Thursday , November 29—2:00-3:00 pm
at
Canada-Saskatchewan Labour Market Services
225-1st Avenue N. , Saskatoon, SK
Praxis—306-664-0500

visions
salon & spa
IS HAPPY TO INTRODUCE
JOY AMISTAD
EXPERIENCED STYLIST
FROM VANCOUVER!
Bring in a used coat to donate to the MUMFORD HOUSE (Woman and Childrens Shelter) and receive 50% OFF ALL hair services with Joy!
306-244-4443
402A 1ST AVE N.
VISIONSSALONANDSPA.COM

Buying your first home doesn't have to be scary. ISTOCK IMAGES

Buying your first home: A major life milestone

Are you a property virgin? Your real estate goals could be closer than you think

EMMA GODMERE
life@metronews.ca

Owning your first home is a major milestone. Buying property is likely one of the first significant investments you'll ever make — and it's an investment that you get to enjoy while it appreciates.

For young people in particular, the idea of getting a mortgage can feel like an insurmountable obstacle amid the reality of student and consumer debt, but your real estate goals don't have to be as far away as you think.

"You can never start too early," says Mark Salerno, corporate representative with the Canada Mortgage and Housing Corporation. "If you start early enough, you're going to know the degree of challenge that you're going to have."

Salerno suggests first meeting with your bank to assess what kind of mortgage you might qualify for. Some hopeful homeowners may need to address debt and income concerns before taking the plunge, but banks and credit counselling agencies can help you become a better mortgage candidate.

If you're given the green light, the next task is finding a realtor.

Realtors will be able to shed light on market conditions, trends and prices, and help you comb through real estate listings.

A good place to start is with the Canadian Real Estate Association, which can link you to a realtor in your area. Realtors can also connect you to other important individuals like home inspectors and help negotiate a deal when you're ready to buy.

Some financial analysts may suggest renting a home is a better long-term approach, but while Salerno agrees it can be the more affordable option, he emphasizes the benefits of investing in your own piece of real estate are worth the purchase.

"The market, on average, over time appreciates and you then have a means to build equity in your home," he says. "If you're in a renting situation, you're paying a mortgage — but it's your landlord's mortgage."

Three things to consider when looking for a new home

- Do you want a new home or a resale home? New homes will offer more up-to-date features, but can incur extra costs like GST or HST, for which there's no rebate if the house is more than $450,000. Resale homes may need renovations, but are most likely surrounded by established neighbourhoods.
- Is the neighbourhood sustainable? A sustainable neighbourhood ideally offers affordable homes, access to public transit, and proximity to schools, shops and work. Residents in sustainable neighbourhoods should also be able to choose healthier transportation options, like walking and cycling.
- How much space do you need when it comes to bedrooms, bathrooms, storage, and outdoor areas? The CMHC recommends buying a home that meets most of your projected needs for the next five to 10 years.

Start sharing

This is the fourth in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

How did you find your first apartment? Any tips you'd like to share? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your stories.

Unlikely trio of cherries, almonds and wild rice wows in Stuffed Pork

This impressive dish features juicy pork tenderloin filled with dried cherries, hearty wild rice, herbs and roasted almonds. It's sure to be the star of your gathering and will have your guests coming back for more!

Ingredients

- 2 tbsp (30 ml) olive oil
- 1 small yellow onion, diced
- 6 oz (170 g) Italian sausage, removed from casing
- 2 cloves garlic, minced
- 1/4 cup (50 ml) chopped parsley
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh rosemary
- 1/3 cup (75 ml) coarsely chopped dried cherries
- 1/2 cup (125 ml) coarsely chopped roasted almonds
- 1 cup (250 ml) cooked wild rice
- Salt and pepper to taste
- 2 1/2 lb (1.1 kgs) boneless pork loin, filleted
- Kitchen twine for wrapping
- Salt and pepper for topping

1. In a medium saucepan over medium heat, warm olive oil. Add onions and sauté until translucent, about 3 to 5 minutes. Add sausage and garlic and cook until browned and cooked through. Remove from heat and add parsley, thyme, rosemary, dried cherries and almonds. Stir in wild rice; add salt and pepper to taste.

2. Preheat oven to 350 F (180 C). Spread filleted pork loin out on a clean work surface. Top pork loin with prepared stuffing from edge to edge. Starting from the short side, roll pork loin and stuffing into a spiral.

3. Tie roll together with heavy-duty kitchen string in the centre and at the two ends of roast to prevent it from unrolling in the oven. Place roast on a rack in a shallow roasting pan and sprinkle generously with salt and pepper. Insert an oven-safe meat thermometer into the centre of the roast and cook for 1 hour. Reduce heat to 325 F (160 C) and continue to cook for another 45 to 60 minutes.

4. Remove roast from the oven once the meat thermometer reaches 160 F (71 C). Allow meat to rest in the pan, loosely covered with foil for 20 to 30 minutes.

5. Remove from pan and cut twine away from the roast. Slice and serve.

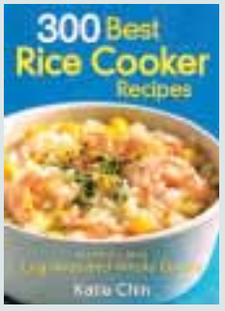
NEWS CANADA/ ALMOND BOARD

Cherry, Almond and Wild-Rice-Stuffed Pork Loin

This recipe serves six to eight. NEWS CANADA

Cookbook of the Week

Rice up your dinner



The recipes in 300 Best Rice Cooker Recipes by Katie Chin are inspired by flavours from around the corner and around the world. They also prove that every type of meal can be prepared in a rice cooker, from appetizers, soups and salads to main dishes, one pot meals and side dishes.

Delicious and time-saving recipes, perfect for busy working families and gourmet cooks alike include: Grits Jambalaya, Roasted Corn and Quinoa Salad, Chocolate Banana Oatmeal, White Chipotle Turkey Chili, Lemony Risotto with Shrimp and more. **METRO**

Asian Barely and Wild Rice Salad. Get your fibre

Fibre-rich barley and wild rice take on Asian flavours in easy salad

1. In a large saucepan, bring wild rice and chicken broth to a boil. Reduce heat and simmer for 15 to 20 minutes. Add barley and continue simmering an additional 40 minutes. Cover and let stand until all moisture is absorbed. Let cool.

2. In a large serving bowl, place barley mixture. Add remaining ingredients except pecans and mix well. Cover and refrigerate for 2 hours or overnight. Add pecans just before serving.

THE CANADIAN PRESS/ ALBERTA BARLEY COMMISSION

Ingredients

- 250 ml (1 cup) wild rice
- 1 l (4 cups) chicken broth
- 250 ml (1 cup) pot or pearl barley
- 75 ml (1/3 cup) soy sauce
- 75 ml (1/3 cup) rice vinegar
- 50 ml (1/4 cup) sesame oil
- 2 medium red peppers, chopped
- 50 ml (1/4 cup) chopped green onions
- 500 ml (2 cups) frozen corn, thawed
- 500 ml (2 cups) chopped pecans

Both sides have valid claims in NHL negotiations: Expert

Lockout. League and players will meet separately with mediators again on Thursday

It's a good thing U.S. federal mediators aren't seeking to determine right and wrong while meeting with the NHL and NHL Players' Association this week.

According to sports management professor Aubrey Kent of Temple University in Philadelphia, both sides have a valid reason to claim that they are in the right when it comes to their ongoing labour dispute.

"For me, the whole issue comes down to perspective," Kent said Wednesday in an interview. "Players feel as though they're being bullied and strong-armed and having things taken away — I can see that that's a legitimate perspective. Owners feel from a dollar-value perspective that the next seven years they've offered would be far more lucrative than the previous seven years were, even as good as that was.

"And if you crunch the numbers, that's actually true as well."

No wonder the sides remain so entrenched in their positions.

They met separately with mediators Scot L. Beckenbaugh and John Sweeney on Wednesday afternoon at an undisclosed location — something Kent didn't anticipate would result in a "seismic" shift in perspective from either side. The non-binding sessions are intended to try and help the sides find some common ground, and will continue Thursday.

The last move at the bargaining table came from the NHLPA, which presented a new offer last week that moved within $182 million of the league over a five-year deal. Commissioner Gary Bettman said they remained "far apart."

The work stoppage comes at a time when NHL franchise values have never been higher, with the annual Forbes rankings released Wednesday valuing 20 of the league's 30 teams at $200 million or higher.

"Both sides feel they can get a better deal by waiting it out, but my view is that time only helps owners in these negotiations," said Kent. "And it's not just in this particular negotiation, but in any labour dispute. Employees are always at a disadvantage because salary lost is never regained.

"Whereas owners were there before the players and they'll be there after the players and they have plenty of time to make up anything that is lost."

THE CANADIAN PRESS

Canadian skier ready to launch assault on slopes

Larisa Yurkiw, from Owen Sound, Ont., prepares to blast out of the starting gate during a women's downhill training run at the Lake Louise Winterstart World Cup on Wednesday in Lake Louise, Alta. Yurkiw, competing at the Lake Louise World Cup for the first time since 2009, travelled a long road back from a catastrophic knee injury to be Canada's lone woman racing World Cup downhills this week. JONATHAN HAYWARD/THE CANADIAN PRESS

Hockey

Wings prospect faces 'super drunk' driving charges

Detroit Red Wings prospect Riley Sheahan faces charges under Michigan's tougher "super drunk" designation following a traffic stop during which police discovered him clad in a Teletubby costume.

According to a Grand Rapids police report obtained by MLive.com, Sheahan twice registered a blood alcohol level of 0.30 per cent following his arrest on Oct. 29. The driving limit is 0.08 per cent and the benchmark for the "super drunk" designation is 0.17 per cent.

Police say he was wearing the costume of a purple Teletubby, also known as Tinky Winky, during the stop. The 20-year-old Grand Rapids Griffins centre from St. Catharines, Ont., played in college at Notre Dame.

THE ASSOCIATED PRESS

MLSE. Leafs first NHL team valued at $1B: Forbes

While the Toronto Maple Leafs became the first hockey team to be valued at $1 billion US by Forbes.com, the influential magazine concluded the fabled franchise got the "worst" value for the buck and said the NHL would be better off with increased revenue sharing.

The jump in value of the Maple Leafs — to $1 billion from the magazine's estimate of $521 million last year — is based in large part on the sale of 75 per cent of the team to telecom giants Rogers Communications and BCE Inc. and estimated revenues of $200 million. The telecoms paid $1.32 billion Cdn. for the Ontario Teachers Pension Plan's share of Maple Leaf Sports and Entertainment, which also includes the Raptors, the Marlies, Toronto FC and the Air Canada Centre among other holdings.

"I suppose we should be flattered that we're on the top of the list, but we've no idea where they get their numbers," said MLSE president Tom Anselmi.

"The other statistic (worst value) is probably a reflection of the fact we haven't been in the playoffs in too many years," Anselmi added. "If we get back in the playoffs, we'll start climbing that list."

TORSTAR NEWS SERVICE

WHL

Winterhawks coach banned for rest of season

The Western Hockey League suspended Portland Winterhawks head coach and general manager Mike Johnston for the rest of the season Thursday and announced the forfeiture of several draft picks after a series of league violations.

The Winterhawks were also fined $200,000. The disciplinary action was a result of player-benefit violations over the past four seasons, the WHL said in a release.

THE CANADIAN PRESS

Curling. Saskatoon's Lawton off to a hot start

Stefanie Lawton is off to an impressive start at the Capital One Canada Cup curling competition.

The Saskatoon skip won her second game of the day in Moose Jaw, Sask., defeating Heather Nedohin of Sherwood Park, Alta., 8-5 in Draw 2 action Wednesday.

Earlier, Lawton downed Sherry Middaugh of Coldwater, Ont., 10-4.

The two wins give Lawton a good start on her quest for an Olympic berth in Sochi in 2014. The winner of both the men's and women's tournaments in Moose Jaw will receive one of the six automatic qualification spots for the 2013 Roar of the Rings — the tournament that will determine who advances to the 2014 Winter Games in Sochi. THE CANADIAN PRESS

Men's action

- Edmonton's Kevin Koe (1-0) beat John Epping of Peterborough, 5-3.
- That brought Epping's young rink back down to earth after they scored a 7-6 win over Olympic champion Kevin Martin in the first draw.

Horoscopes

♈ Aries
March 21 - April 20
If you know a secret about a friend, you are strongly advised to keep it to yourself. Don't embarrass them by letting other people in on information they don't need to be aware of. You have secrets too!

♉ Taurus
April 21 - May 21
You won't find it hard to win people round to your way of thinking. With your ruler, Venus, linked nicely to energy planet Mars others want to believe every word you say. Whether or not it's true is another matter.

♊ Gemini
May 22 - June 21
Forget about your chores and responsibilities and do something strictly for fun. This is not a day to push yourself hard. This is a day to take things easy. Time spent in the company of friends will not be time wasted.

♋ Cancer
June 22 - July 23
Today should be a fun day for you, followed by a fabulous Friday and a stunning Saturday. Romance is under good stars right now, so let a special person know just how much you think of them.

♌ Leo
July 24 - Aug. 23
You will find it easier than usual to deal with family issues today, so make a point of trying to resolve disagreements with loved ones. It must not be all one-way traffic. It's not about blame, it's about helping each other.

♍ Virgo
Aug. 24 - Sept. 23
Relaxation and affection are the keywords today. That applies not only to your dealings with loved ones but also to those you work with. Your laid back attitude will draw people to you.

♎ Libra
Sept. 24 - Oct. 23
Listen to what others tell you and act on their advice. You may wonder why they are so eager to help you but the planets indicate there is no need to be suspicious. They just want to see you do well.

♏ Scorpio
Oct. 2 04 - Nov. 22
Cosmic changes over the next few days will bring challenges of a serious nature, but that does not mean you can't have fun as well. Today's Venus-Mars link will bring out your playful side — and maybe your romantic side too.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't let money worries get in the way of taking a personal relationship to a new level. You don't have to spend a fortune to have fun with the object of your affection, just do things together that you both enjoy.

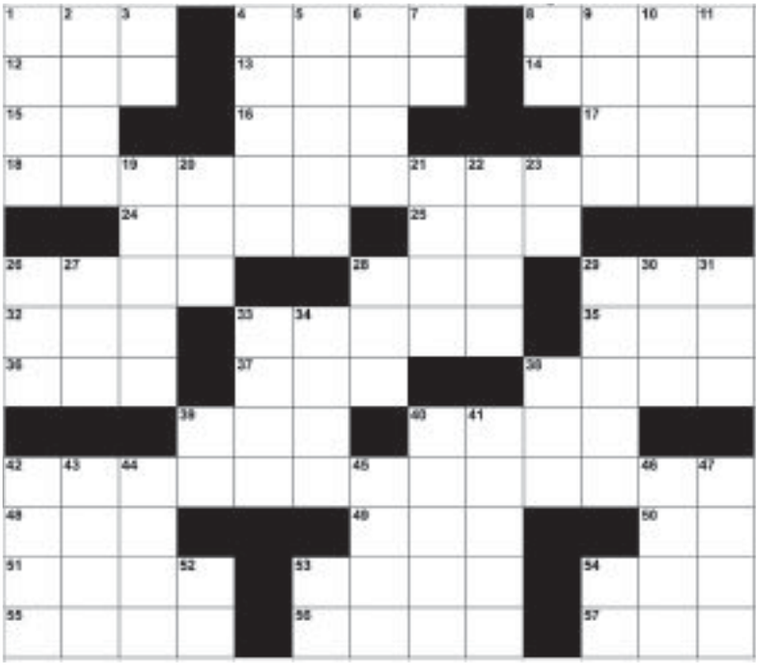
♑ Capricorn
Dec. 22 - Jan. 20
Make sure you get out and about, and interact with wide a range of people today. The more you are on the move, the more likely it is you will meet someone with whom you can make beautiful music.

♒ Aquarius
Jan. 21 - Feb. 19
Watch out for opportunities to boost your reputation today. Venus in the career area of your chart, linked to go-getting Mars, will open doors to you that may have been closed before. Or maybe you never knew they existed!

♓ Pisces
Feb. 20 - March 20
Your sparkling personality will draw people to you like moths to a flame today. Wherever you go, others will want to be your friend, and you'll have more than enough warmth to go around. SALLY BROMPTON

Crossword

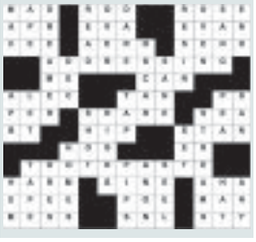
BY BETTY MARTIN



Across
1. Pot cover
4. Heard on Perry Mason
8. Wing reach
12. Electrified particle
13. Inspired
14. Tedious office job
15. Movie alien
16. Cheers was one
17. Orange Pekoe or Earl Grey
18. Buffy the — — (2 words)
24. First class (2 words)
25. Carol Burnett tugged this
26. Bundle
28. Barn layer
29. Precious jewel
32. Food scrap
33. Easel board
35. — Speedwagon
36. Mornings (abbr.)
37. Exclamations of contentment
38. He played the Skipper on Gilligan's Island
39. Scrape out a living
40. Slime
42. Set a programme to music
48. Sales agent (abbr.)
49. Hard knock
50. Egyptian Sun God
51. Extremely dry
53. Found in an atlas
54. " — Cup"
55. Greet
56. Pochard
57. Wheel of Fortune purchase

Down
1. Actor Schreiber
2. Small amount
3. He starred in "The Pink Panther" movies (init.)
4. Log home
5. Alert
6. Withered
7. Asner or Norton
8. Nora on Brothers & Sisters (init.)
9. Feel sorry for
10. Aweather
11. Close by
19. Soda fountain treats
20. "The Raven" poet
21. As — on TV
22. Acreage
23. State where Evening Shade was set (abbr.)
26. Fancy scarf
27. Upper limb
28. This Hour — 22 Minutes
29. Diagram
30. Slippery fish
31. One of The Three Stooges
33. Japanese wine
34. Only Cosby son the The Cosby Show
38. Jump
39. Hospital waiting room (abbr.)
40. Green or purple fruit
41. Slip up
42. Study hard for a test
43. — Come the Brides
44. Early Ron Howard role
45. Metric weight
46. Moran of Happy Days
47. Giant powerful dog: Great —
52. The star of The Apprentice (init.)
53. Form of address
54. British thanks

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

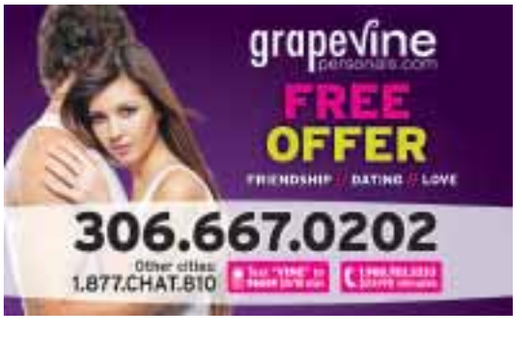
Yesterday's Sudoku

5	1	7	6	3	2	4	9	8
4	6	9	1	8	5	2	7	3
2	8	3	9	7	4	1	6	5
8	4	2	3	1	6	9	5	7
1	7	5	2	9	8	6	3	4
3	9	6	5	4	7	8	1	2
7	2	1	8	5	9	3	4	6
6	3	4	7	2	1	5	8	9
9	5	8	4	6	3	7	2	1

			3	2			5	7
4	3			5	9			1
	4				3		9	
	1	2				6	7	
	5		8				1	
9			1	6			4	2
1	8			3	5			

Sharability

easy hard



There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.ca**, choose your country and join the global conversation!
metropolitanpanel.ca
Metropolitan
Panel